Bluffton-Harrison High School
This Institute is an equal opportunity provider

Don't forget Bluffton-Harrison High School Serves Breakfast Daily!
Start your tiger out with a Nutritional Advantage!
Served Daily 7:25am—7:45am

Breakfast $2.10/day
Lunch $2.85/day

MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com



NOVEMBER 2026

Daily Tiger Choices:
Hot Meal Service
Or

Tiger PB&J Meal:
Peanut Butter/Grape Jelly Uncrustable 32g
Cheese Stick
(String Cheese 1g or Colby Jack 0g)
Reduced Fat Nacho Doritos 20g
Raw Veggie Option (1-11g)
Fruit of the Day 8-28g
Milk 24g

Tiger Salad Option:
Cobb Salad 44g
Fruit of the Day 8-28g
Milk 24g

Raw Tiger Veggie Option Daily:
Cucumbers, Tomatoes, Cauliflower, Bell Peppers, Carrots, Celery & Broccoli (1-11g)

Flavored Milk Varieties 11-24g
1 Cup 1% White
1 Cup FF Chocolate

Condiments Offered Daily according to menu (0g-11g)

*** Tiger Menu's Subject to Change**

Mon	Tue	Wed	Thu	Fri
2 Breaded Chicken 15g Hamburger Bun 28g Cheese Slice 1g Mayo Pkt 0g Broccoli 6g Pears 16g- Milk 24g Total Carbs 90g	3 Pizza– Cheese, Pepperoni or Sausage 33g Green Beans 3g Cookie 23g Peaches 14g Milk 24g Total Carbs 97g	4 Walking Dorito Taco 24g Salsa 8g Lettuce 2oz 0g Cheese Cup 1oz 1g Diced Tomato 2oz 3g Mixed Fruit 17g Cookie 24g Milk 24g Sour Cream Packet 2g Total Carbs 103g	5 Beef & Noodles 53g Mashed Potatoes 13g White Dinner Roll 19g Margarine Cup 0g Corn 16g Cookie 17g Pineapple 18g Milk 24g Total Carbs 158g	6 Popcorn Chicken 20g WG Pretzel 30g Glazed Carrots 13g Applesauce 17g Dip Cup 3-11g Milk 24g Total Carbs 115g
9 Hamburger Patty 14g Hamburger Bun 28g Cheese Slice 1g Fries 19g Peaches 14g Milk 24g Total Carbs 100g	10 Teriyaki Dippers 9g WG Rice 25g Dinner Roll 19g Margarine Cup 0g Broccoli 5g Cheese Sauce 2g Pears 16g Milk 24g Total 98g	11 Lil' Smoked Sausages 1g Mac & Cheese 26g Peas 11g Mix Fruit 19g Milk 24g Total 111g	12 Spaghetti w/ Meat Sauce 38g WG Bosco Stick 25g Lettuce Salad w/Ranch 8g Applesauce 14g Milk 24g Total Carbs 109g	13 Pizza– Cheese, Pepperoni or Sausage 33g Corn 16g Cookie 23g Man Oranges 18g Milk 24g Total Carbs 141g
16 Pulled Pork 17g White Hamburger Bun 28g Potato Wedges 25g Glazed Carrots 12g Pears 16g Milk 24g Total Carbs 128g	17 Breaded Pork Fitter 12g White Bun 28g Cheese Slice 1g Cole Slaw 23g Baked Beans 43g Cookie 23g Peaches 14g Milk 24g Total Carbs 168g	18 Cheeseburger 18g Cheese Slice 1g Hamburger Bun 28g Broccoli 5g French Fries 17g Mixed Fruit 17g Milk 24g Total 107g	19 Hamburger Steak & Gravy 6g Mashed Potatoes 14g White Dinner Roll 19g Margarine Cup 0g Cookie 24g Corn 16g Applesauce 14g Milk 24g Total Carbs 117g	20 Corn Dogs 30g Fries 29g Green Bean 15g Pineapple 19g Milk 24g Total 117g
23 Turkey Manhattan 33g White Dinner Roll 19g Margarine Cup 0g Peas 11g Mixed Fruit 15g Milk 24g Total Carbs 105g	24 Hamburger Patty 2g Hamburger Bun 28g Pickle Slices 0g Cheese Slice 1g Fries 19g Peaches 14g Milk 24g Total Carbs 88g	25	26	27
30 Fiestada Pizza 43g Spanish Rice 23g Churro 28g Taco Beans 22g Tropical Fruit 18g Milk 24g Total 158g				

